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## - Prevention and Early Detection

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# Deciding To Quit

**Why should you quit?** Each smoker has his or her own reasons; here are three good ones:

**Your Family.** Your family needs your financial and emotional support. If you die prematurely from a smoking-related illness, who will do all the things you do for your family?

**Your Kids.** Kids exposed to secondhand smoke at home are more prone to colds, ear infections and allergies than children of nonsmoking parents. By age 7, they may be shorter than their friends, lag behind in reading ability and have behavior problems. Worse still, they will likely become smokers themselves.

**Yourself.** It's never too late to quit smoking. Right away, you'll look better (no more yellow teeth and fingers), feel better (good-bye hacking cough, hello vitality) and enjoy life better (flowers smell sweeter, food tastes better).

**The Next Move:** You know why you want to quit. Now choose a date and put a big red circle on the calendar. Every night before going to bed, state your reasons for quitting out loud 10 times.

## The Three Phases of Quitting:

1. ► [Deciding To Quit](#)
2. ► [Preparing To Quit](#)
3. ► [Following Through](#)

## The Complete Guide to Quitting

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